

Food diary

Food diary from

Weight day 1

Weight day 7

Day 1

Day 2

Day 3

Day 4

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 5

Day 6

Day 7

Reflection

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

What have I noticed about my eating habits?

What is good?

What is not so good?

Special comments or questions.